

HELP DURING CORONA

Surviving lockdown is hard. Looking after our mental health is crucial. If you need help talk to someone, a family member, friend or teacher might be able to help. Here are some places you can get help...

1. Young Minds have a free 24 hour crisis text messenger service. Their website has lots of great ideas too. See www.youngminds.org.uk
2. AnxietyUK have lots of resources to help manage anxiety on their website www.anxietyuk.org.uk plus a helpline 03444 775 774 to talk to someone between 9.30 and 5.30, Mon-Fri. They also have a dedicated email support@anxietyuk.org.uk
3. Childline is a free and confidential service where you can talk about anything. They have several ways to get in touch with a counsellor, including an email form, 1-2-1 Chat, and a free helpline (0800 1111) that is open daily from 9am to Midnight
4. The Mix crisis messenger text service provides free, 24/7 crisis support across the UK. If you're aged 25 or under you can text THEMIX to 85258
5. The Samaritans have a 24/7 free phonenumber so you can talk to someone any time. Call 116 123

